

**Crew Rest**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:40	PLT	Inspect ? ? ? ?-1 separator
08:55–09:10	FE-1	????? Earth observations / <i>r/g 626</i>
09:30–11:00	FE-1	Physical exercise
11:00–12:00	CDR	Physical exercise
11:00–12:00	PLT	Physical exercise (IRED-1)
12:00–13:00		LUNCH
16:20–17:20	FE-1	Physical exercise (IRED-1)
17:20–18:50	PLT	Physical exercise
17:20–18:50	CDR	Physical exercise (IRED)
18:50–19:20		Review plan for the next day
19:20–19:50		DINNER
19:50–20:00		Daily planning conference (evening)
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTES: Earth observations are a candidate activity (25 minutes for CDR) performed at CDR's discretion.

Adding footage to the educational film *Living and Working Onboard ISS* is a candidate activity performed at crew discretion (2 hrs for CDR, FE-1, PLT).

End of radiogram